



# GULF DEFENDER



Vol. 63, No. 45

Tyndall Air Force Base, Fla. *Gulf Defender*

Dec. 3, 2004

## In brief

### Change of command

The 43rd Fighter Squadron change of command ceremony takes place at 3:43 p.m. today in Hangar 43.

Lt. Col. Jeffrey Harigian, 43rd FS commander, will relinquish command to Lt. Col. Michael Stapleton. For more information, call Capt. David Lopez at 282-4369/4343.

### Memorial service

Join the members of the 325th Aircraft Maintenance Squadron as Tyndall celebrates the life and mourns the loss of Senior Airman Christopher Weimer, who was lost from our ranks Nov. 19. The memorial service will be held at 9:30 a.m. today in Chapel 2. Dress is uniform of the day.

### Order of the Sword

Lt. Gen. John Hopper Jr., Air Education and Training Command vice commander, will receive the Order of the Sword at 6 p.m. Dec. 10 at the Gateway Enlisted Club, Lackland AFB, Texas. The formal presentation ceremony is open to enlisted members only. For tickets, contact Chief Master Sgt. Richard Cargill, 325th Fighter Wing command chief, or the command section at 283-2688.

## Inside

● Security forces to the rescue ... **Page 3**

● Four-legged service-members patrol Tyndall ... **Page 17**



Lisa Norman

## It takes two to canoe

Second Lt. Carolynn Czepiga, 325th Services Squadron Honor Guard readiness officer in charge and Airmen 1st Class Daniel Kendall, 325th SVS fitness specialist, participate in the squadron's canoe activities during the 325th Fighter Wing's Wingman Day events here Nov. 19th. Throughout the day, Airmen learned ways to keep themselves and their wingmen mentally, socially, spiritually and physically healthy.

# PACAF earns 'Top' honors at William Tell

## TECH. SGT. TONYA KEEBAUGH

William Tell Public Affairs

The very last flight of the 2004 William Tell air-to-air weapons meet was flown by the Pacific Air Forces team from Elmendorf Air Force Base, Alaska, Nov. 18, and it was that mission that put them on top.

"We never expected a team to walk away with it, and nobody did walk away with it," said Lt. Col. Ed Nagler, 53rd Weapons Evaluation Group safety chief, here and William Tell director. "It was incredibly close from the beginning to the end."

With 50,000 points possible, the PACAF team earned 39,834.5,

more than 2,000 points above the second place Air National Guard team from Portland, Ore., which finished with 37,790.5. The PACAF Airmen also earned the Gen. Daniel "Chappie" James Jr. Fighter Interceptor Team award for being the Top Team during the meet.

"The folks who take home the top trophy earn bragging rights for the next two or three years as being the best in the Air Force," Colonel Nagler said. "And considering the company they're in, that's a big accomplishment."

Award winners are:

— Top Gun: Capt. Pete Fesler, of the PACAF team. The award honors the individual F-15 Eagle pi-

lot with the highest scores during the competition. Captain Fesler earned 5,793.5 points.

— Top Scope: Capt. Daniel Wrazien, an Air Combat Command weapons director, received 7,675 points. The award is given to the weapons director with the highest score.

— Top Aircrew Team: ACC with 15,304.

— Top Element: PACAF 1 team, comprised of Captain Fesler and Captain Travis Hazeltine with 9,418 points.

— Top Weapons Director Team: ACC, comprised of Captain Wrazien and Senior Airman Randy Stinnett with 11,200 points.

— Top Load Team: PACAF with 3,593.5 points.

— Top Maintenance Team: ANG with 11,390 points.

There were five different scenarios flown during William Tell.

Profile winners were:

— Profile I: PACAF

— Profile II: ANG

— Profile III: ACC

— Profile IV: ANG

— Profile V: Air Education and Training Command

The next William Tell is planned for 2007.

"This is a competition that people will be happy they came to," said Colonel Nagler. "It looks like we're back in the William Tell business."

# The honor to serve: Roche recaps four-year term, says goodbye

(Editor's note: The following is a letter written by Air Force Secretary Dr. James Roche.)

Fellow Airmen,

Nearly four years ago, President George W. Bush asked me to serve as secretary of the Air Force, a great honor, which I humbly accepted. My intention has been from the beginning, to serve for one term and then return to private life. That is why I have asked President Bush to accept my resignation as your secretary, effective Jan. 20.

Although Diane and I look forward to the next phase of our lives, it is with a heavy heart that I leave the Air Force I have come to respect and love. I could not have led a better team. Together, we have achieved great successes at an epic time in the history of our country. During this time, I have had the pleasure of working with Airmen who personify all that is good about America. And, America's Airmen have had the absolute best uniformed



**"I want every member of the United States Air Force to know that I will always remain an Airman. I am proud to have served with you in the world's greatest air and space force."**

**DR. JAMES ROCHE**  
Secretary of the Air Force

leader, our Chief of Staff, General John Jumper, who has become my sounding board, my partner, and my good friend.

Shortly after General Jumper and I began our partnership, our country was attacked. Since then, we have adapted the Air Force to the new nature of warfare while engaging and defeating our enemies. Together with our fellow services, we have enabled freedom in Afghanistan and Iraq and put terrorist foes on the run. Because of the air and space power you generate, our nation remains secure.

After discussing the issue with Secretary Rumsfeld in early October, I voluntarily submitted my resignation on Nov. 16 for three reasons.

First, it has always been my intention to serve only one term in this office. By announcing my resignation now, this allows sufficient time for a qualified successor to be identified and confirmed.

Second, my departure early next year will allow the new secretary to take office while General Jumper remains Chief of Staff, avoiding the disruption that could

occur should a new secretary and chief assume office at the same time.

Finally, I hope that my departure at this time will allow Congress and the Air Force to concentrate on vital matters, such as confirmation of senior leaders. I am concerned that many of our major commands and combatant commands have been left in a state of uncertainty. Airmen and other warfighters are in combat with our country's enemies — we must have stable leadership in place. You deserve that, and I will do whatever I must to ensure this occurs.

I want every member of the United States Air Force to know that I will always remain an Airman. I am proud to have served with you in the world's greatest air and space force. Although I leave this office, I will continue to do all that I can to advocate and support our nation's Airmen, and you will always be in my heart. Diane and I wish each of you clear skies, a strong tailwind, and success in all you do. God bless America and the United States Air Force.

## Action Line: 325th Fighter Wing commander answers financial concern

*I would like to know why it is taking more than four months to pay the people who were told to evacuate during Hurricane Ivan. I have had to take several hundred dollars out of my own pocket to help an Airman with his credit card bill before it affected his credit. We have talked with finance and Air Force Aid sections trying to get assistance to no avail.*

The Financial Services Office paid roughly 86 percent of more than 700 evacuation related claims submitted within five days of receipt. However,

the reimbursement process for claims falling outside the scope of the evacuation order is a little more complicated. For these claims, I directed the FSO to contact our Airmen and ask them to submit further information concerning their evacuation claims. The financial services officer and 325th Fighter Wing vice commander personally reviewed more than 60 of these clarification letters. Upon review, we determined we did not have the local authority to authorize reimbursement of these claims.

However, these letters uncovered numerous extenuating

circumstances surrounding our evacuation process. I then directed financial management to write a letter for my endorsement detailing these circumstances and to assist members in filing "appeals" through the doubtful claims process established in the Joint Federal Travel Regulation. In the two months that have passed since Hurricane Ivan, the FSO continues to assist members and keep them apprised of the status of their individual claims. This is a great question and I'm glad to give you an update on where we stand.

### Action Line

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency.

The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers. If you're

not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For fraud, waste and abuse calls, you should talk to the 325th Fighter Wing Inspector General's Office, 283-4646.

Calls concerning energy abuse should be referred to the energy hot line, 283-3995.

**BRIG. GEN. JACK EGGINTON**  
325th Fighter Wing commander

### Gulf Defender Editorial Staff

Brig. Gen. Jack Egginton ..... 325th FW commander  
Capt. Susan A. Romano ..... chief, 325th FW public affairs  
1st Lt. Albert Bosco ..... chief, internal information  
2nd Lt. William Powell ..... deputy chief, internal information  
Airman 1st Class Sarah McDowell ..... editor  
Senior Airman Benjamin Rojek ..... staff writer

The *Gulf Defender* is published by the *Panama City News Herald*, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Tyndall Air Force Base, Fla. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the *Gulf Defender* are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense or Department of the Air Force.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the DOD, the Department of the Air Force or the *Panama City News Herald* of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other

non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the 325th Fighter Wing public affairs office. Photographs are U.S. Air Force photos unless otherwise noted.

The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129 or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425 or e-mailed to editor@tyndall.af.mil. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.



# Tyndall security forces members save three lives

**2ND LT. WILLIAM POWELL**

325th Fighter Wing Public Affairs

A group of 325th Security Forces Squadron members was recently credited with saving the lives of three drowning individuals in waters near the Dupont Bridge here.

The quick thinking of Tech Sgt. Larry Ilkenhans, flight chief, Staff Sgts. Allen Merritt, NCO in charge of armory, Jonathan Brunelle, resource advisor, Morgan Cabaniss, trainer, and Senior Airmen Dennis Luczak, vehicle NCO, and Armando Argiz, patrolman, proved critical after a local woman fell 20 feet from a fishing pier near Tyndall and nearly drowned in the frigid water.

According to Airman Luczak, two nearby would-be rescuers also required assistance after they jumped into the water to save the woman.

When the squadron members heard a control center transmission about the incident, they knew a quick response on their part would increase the victims' chances of survival.

"We were standing in the squadron parking lot when the call came in that people were possibly drowning," said Sergeant Merritt. "For-

tunately, we were right next to a security forces boat and trailer, which we quickly hooked up to our truck and immediately headed to the dock. It was convenient we all were there. We had the truck, we had the boat and we all knew what to do."

Unbeknownst to Sergeant Merritt and his group of responders, one of their own was already on the scene. Airman Argiz, who was off duty at the time, heard the commotion from his apartment and dove into the water to provide assistance.

"Airman Argiz ran out into the water to try to save the individuals, but the current was strong," Sergeant Brunelle said. "It slowed him down, but the boat and local authorities arrived shortly after, and he was able to pull himself to safety."

According to Andy Kelley, Parker Fire Department fire chief, the people in the water were lucky help arrived when it did.

"When we got there, I thought two of the individuals were going to die," Mr. Kelley said. "The temperature had caused them to go into shock, and they were approaching hypothermia. The three individuals had already been in

the water for about 20 minutes and were hanging onto anything they could to stay afloat."

"The victims became entwined in rope as they struggled to hang onto the bridge," Airman Luczak said. "When we pulled them out, there were crab traps attached to the ropes. We unknotted the rope and took all three of them to the dock, where they received blankets and medical attention."

"It was the team effort between Tyndall security

forces and our own rescue personnel that made a difference for these people," Mr. Kelley said.

Maj. Franklin Howard, 325th SFS commander, shared Mr. Kelley's sentiment, but added the Airmen did exactly what they are trained to do.

"What I am most proud of is that these men acted on their own initiative and didn't wait to



2nd Lt. William Powell

**Staff Sgt. Jonathan Brunelle, resource advisor, Staff Sgt. Morgan Cabaniss, trainer, and Senior Airman Dennis Luczak, vehicle NCO, all from the 325th Security Forces Squadron prepare the same boat that was used in the recent rescue for another launch.**

be called to assist," Major Howard said. "When they heard the radio transmission from our control center, they launched into action. This is a perfect example of service before self."

"I don't feel like a hero," Sergeant Merritt said. "It's just one of the duties in our job description. It's what we signed up for and the reason why we have the boats—to help people."

## Giving thanks: Tyndall celebrates holiday with family, fun, food



Capt. Susan A. Romano



Senior Airman Benjamin Rojek



1st Lt. Albert Bosco

**Top left : Master Sgt. Angela Taylor, 601st Combat Operations Squadron, smiles at her daughter, Brianna, as they enjoy a Thanksgiving meal at the Tyndall Youth Center Nov. 17. Top center: Airman 1st Class Donte Sampson, 325th Fighter Wind Operations Support Squadron, gets an early Thanksgiving meal served by Chapel volunteers at the Chapel Two Annex as part of their 10th Annual Singles' Unaccompanied Thanksgiving Dinner Nov. 23. Bottom Left: Brig. Gen. Jack Egginton, 325th Fighter Wing commander, serves a slice of ham to Airman 1st Class Vanessa Spencer, 325th Security Forces Squadron sentry, during the 325th Services Squadron's annual Thanksgiving Day Meal at the Berg-Liles Dining Facility Nov. 25. Dozens of Team Tyndall Airmen from various wing and tenant unit organizations turned out to serve hot meals to Airmen, retirees and their family members.**



Capt. Susan A. Romano

**Tech. Sgt. Iris Hague, 325th Communications Squadron, helps her daughter Mia scoop green beans onto her plate. Mother and daughter participated in the Child Development Center's Thanksgiving luncheon Nov. 18 for parents and children.**



# Tyndall bids farewell to Army National Guard

**2ND LT. WILLIAM POWELL**  
325th Fighter Wing Public Affairs

Forty-two Army National Guard Soldiers stationed here departed Tyndall's gates Nov. 24 destined for home.

According to Capt. Alexander Archibald, 325th Security Forces Squadron operations officer in charge, the guardsmen first arrived at Tyndall Feb. 17, 2003 to augment the reduced number of 325th Security Forces Squadron members available due to operations supporting the global war on terrorism.

"A total of 74 soldiers from the 146th Signal Battalion located in Jacksonville, Fla., have performed temporary duty at Tyndall over the past two years,"

he said. "Many remained here the second year as volunteers after their initial one-year requirement. Six will continue to remain on active duty to perform a separate mission at Fort Benning, Ga., while the others have deactivated."

The guardsmen served as installation entry controllers, flightline security response team members and fulfilled various other duties, Captain Archibald said.

The Soldiers' original background is in the Army's Signal Corps, which handles the service's communications needs, requiring them to enter a fast-paced certification course to retrain as military police upon arriving here. Their newly-developed skills were first applied while conducting vehicle searches, perimeter patrols and working the front gates checking identification, which greatly relieved the stress from the Tyndall 'defenders,' according to Maj. Franklin Howard, 325th SFS commander.

"These Soldiers learned a completely new trade within the first week of transition to the Air Force way of life," Major Howard said. "They were a welcome relief to the active duty and reserve Airmen who had been on heightened alert since the Sept. 11, 2001 terrorist attacks. This was an outstanding joint effort and brotherhood forged between the two sister service elements."

## E-mail signature block guidance

- The revision of AFI 33-119, Air Force Messaging, released Oct. 27, states in paragraph 3.7, "Users will not add slogans, quotes, special backgrounds, special stationeries, digital images, unusual fonts, etc., routinely to their official or individual electronic messages. Users must consider professional image and conservation of Air Force network resources (bandwidth)."
- Following the guidance in the regulations that govern communications, the standard for message text and signature blocks is 10- or 12-point font.
- All official electronic messaging will include "//SIGNED/" in upper case before the signature block to signify it contains official Air Force information.

### Examples:

**Military Signature Block:**  
//SIGNED//  
SUE JOHNSON, Maj, USAF  
Branch Chief, Messaging Services

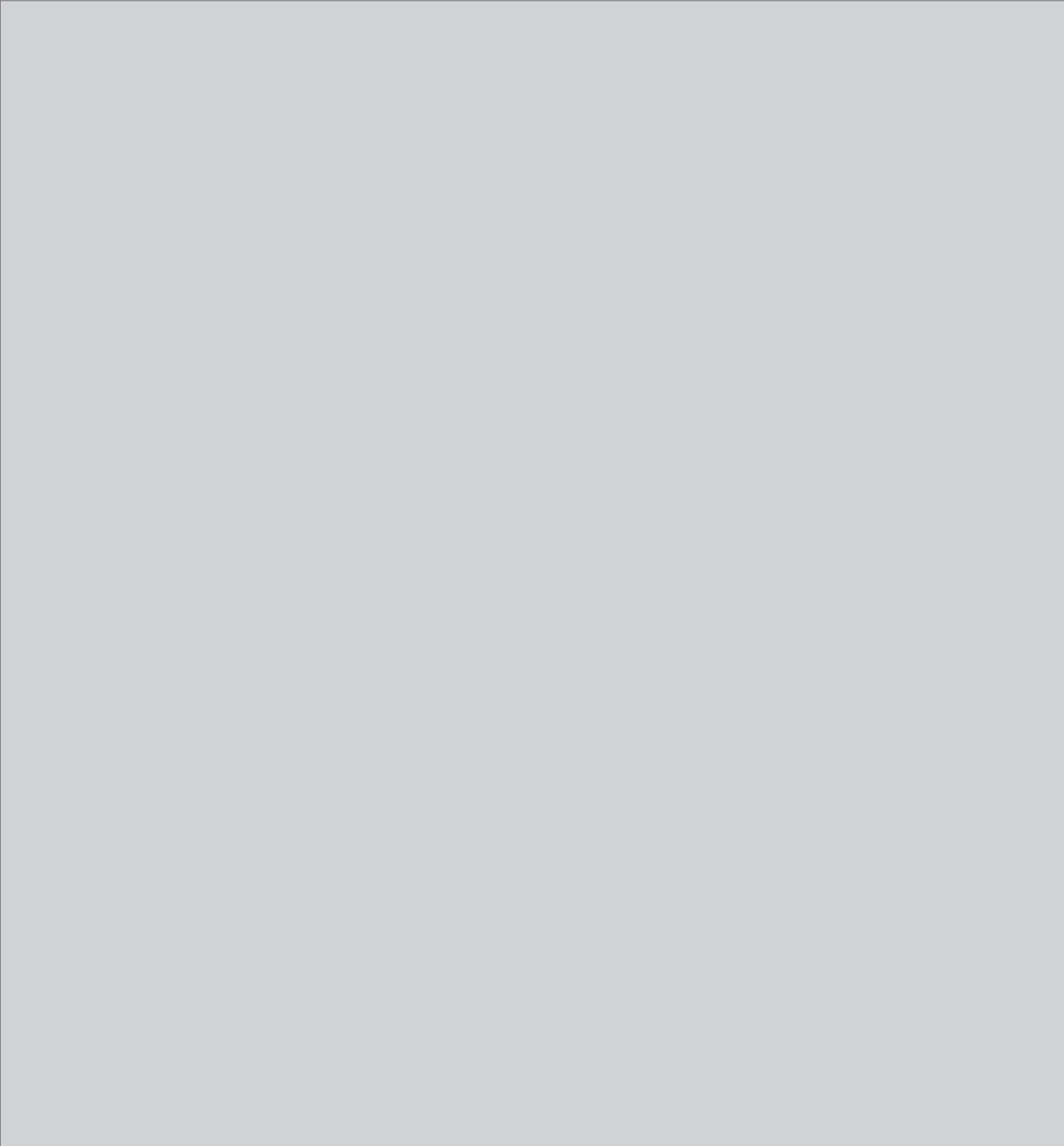
**Civilian Signature Block:**  
//SIGNED//  
JOHN ADAMS, GS-12, DAF  
Branch Chief, Field Support

**Contractor Signature Block:**  
//SIGNED//  
JOE SMITH, Contractor, HQAFCA/ECFP



**Thinking about  
getting out?  
Think again!**

Get the facts first.  
Call Senior Master  
Sgt. Jeffrey  
Kahapea, 325th  
Fighter Wing career  
assistance adviser  
at 283-2222 (283-  
Career Assistance  
Advice An anytime).



# Checkertail Salute

Ronald Alexander Cruz Pedro



Lisa Norman

**Mr. Pedro receives the Checkertail Salute Warrior of the Week award from Col. Brian Dickerson, 325th Fighter Wing vice commander.**

The Checkertail Clan salutes Mr. Pedro, who leads the 325th Medical Group’s data quality effort. He is responsible for data quality for the MDG in reporting to the major command. Mr. Pedro’s knowledge and expertise on fitness has been key in developing and interpreting the fitness data and correcting errors at the Air Force-level.

**Duty title:** 325th Medical Group data quality manager/performance measure analyst  
**Time on station:** Four and a half years  
**Time in service:** 22 years active duty and four and a half years civilian.  
**Hometown:** Honolulu, Hawaii  
**Hobbies:** Family, bodybuilding with my son, home remodeling, auto restoration and researching  
**Goals:** Improve my role as husband and father and as employee of the 325th Medical Group.  
**Favorite Book:** “Who Moved My Cheese?” By Spencer Johnson and Kenneth Blanchard  
**Favorite movie:** “The Ten Commandments”  
**Favorite thing about Tyndall:** Location  
**Pet peeves:** The decline of morality in America.  
**Proudest moment in the military:** Assignment to the Pacific Command while working alongside Army, Navy and Marines

*The Checkertail Salute is a 325th Fighter Wing commander program designed to recognize Tyndall's Warrior of the Week. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate, letter from the commander and a one-day pass.*

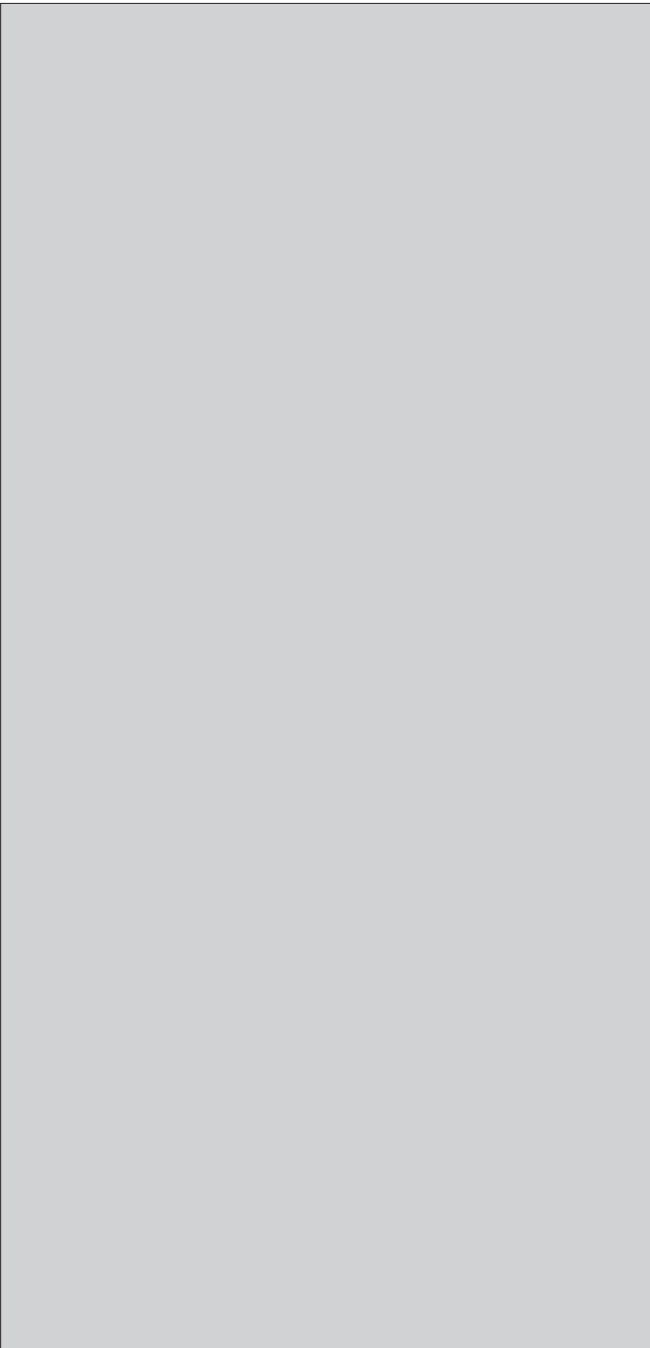
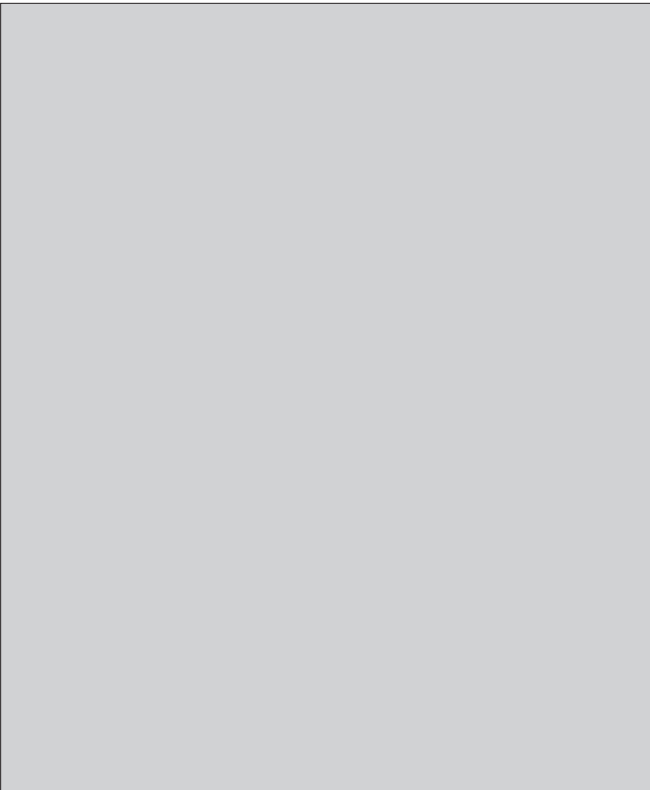
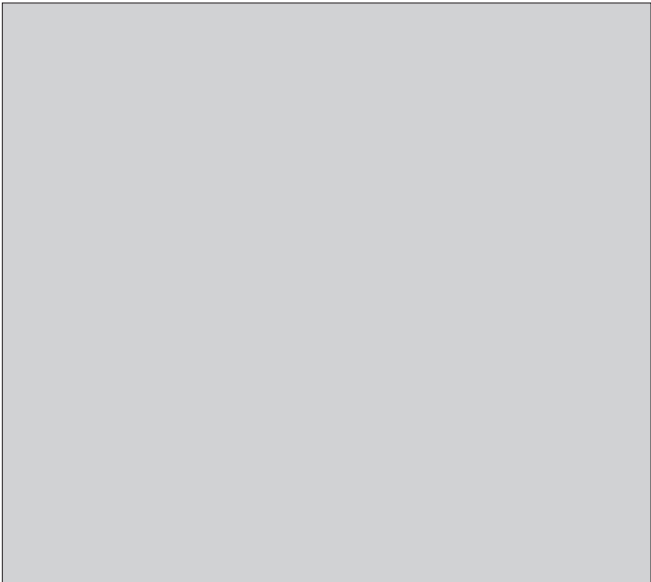
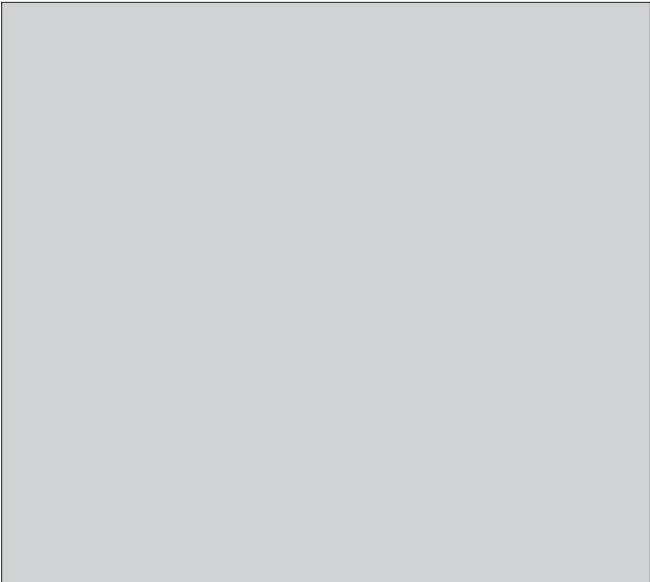
## Now showing on Commander’s Access Channel

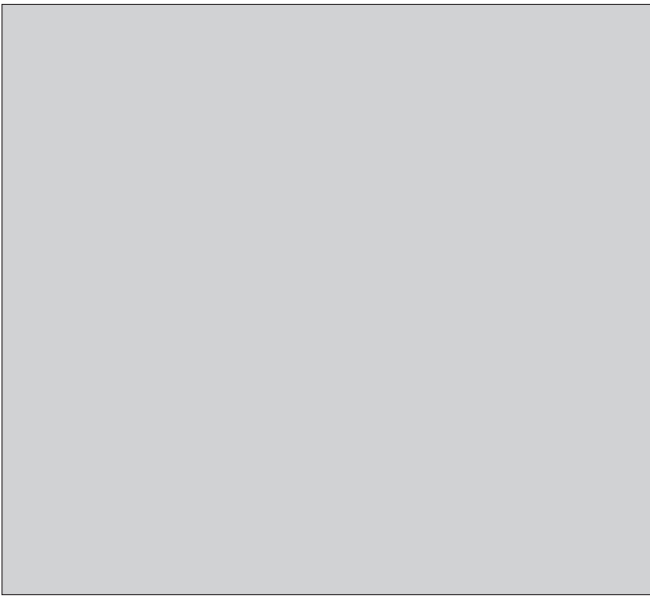
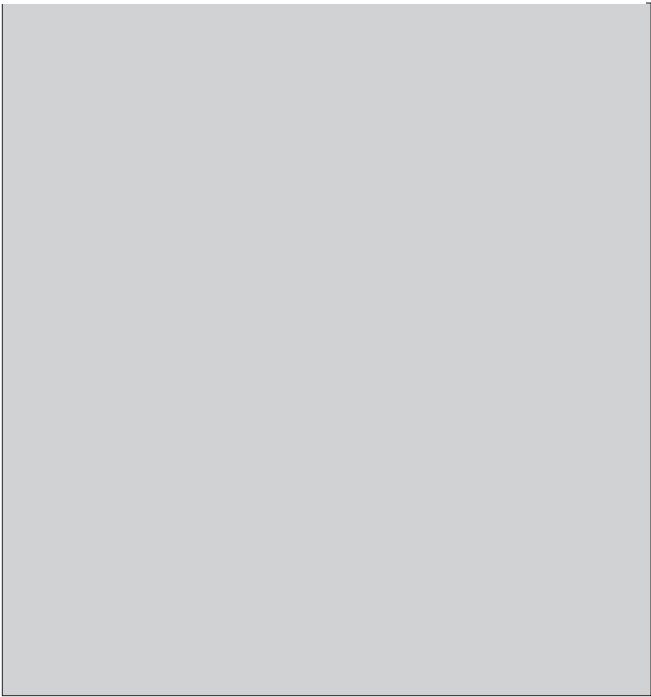
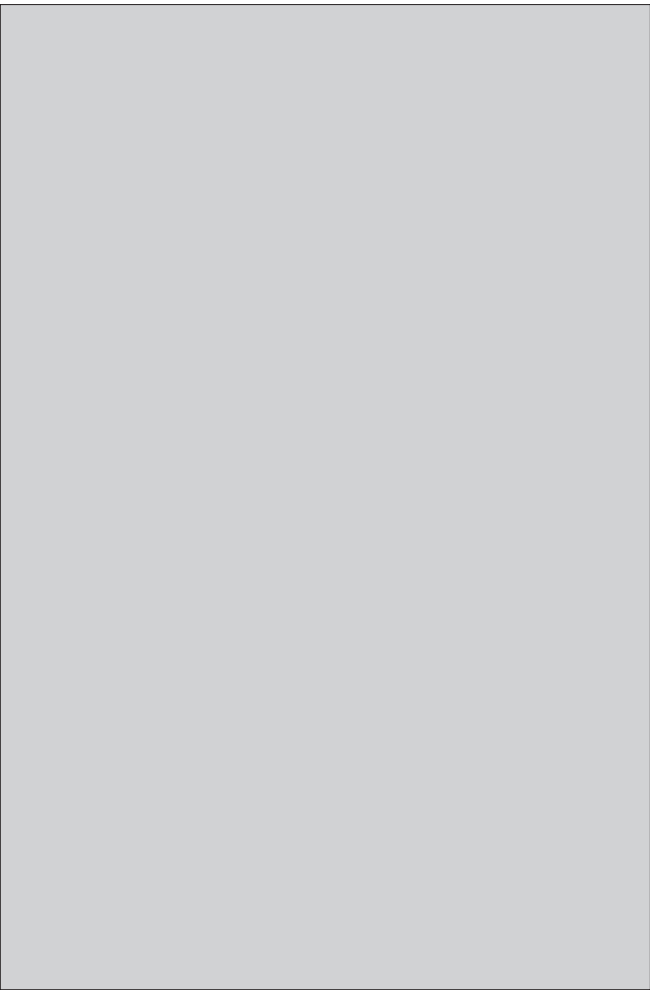
*Air Force News airs on the Commander’s Access Channel (Channel 12) at 8 a.m., noon, 2 p.m., 4 p.m., 6 p.m. and 10 p.m. everyday.*

**Featured this week is:**

- Role of ANG/AF Reserve changes in war against terrorism
- Special Ops commander says role of command is changing
- Airmen try to win hearts and minds of young Iraqis

- New lifestyle for Airmen at Nellis AFB, N.V.
- Dorm drinking policy at Hickam AFB, Hawaii
- F.E. Warren initiates unique responsible drinking policy
- Senior leadership wear tests latest version of utility uniform
- Sit-ups and crunches with a new look
- Broadcast journalist turned chaplain tends the flock in Iraq.







# Fierce, fit, furry: Four-legged service-members patrol Tyndall



**Staff Sgt. John Russum , a 325th Security Forces Squadron dog handler, restrains Loeke, a 325th SFS military working dog, as the dog prepares attack.**

we give them a toy when they find an odor,” said Staff Sgt. Chris Romano, a dog handler. “For the dog, it’s about getting the toy back once we take it away.”

When it comes to chasing and biting, it’s the prey-drive instincts that keep the dogs going.

“The actual bite is the treat for them,” said Sergeant Romano.

Still, getting the dogs ready for all this “playing” requires much training.

“The length of the training depends on the dog,” said Sergeant Jacob. “It usually takes five to six months to complete.”

According to Sergeant Jacob, the best dogs for training are Belgian Malinois and German shepherds.

“They are used because they have both a keen nose and good biting skills,” he explained.

He said that while Rottweilers are good at biting, their detection skills are not useful. Conversely, Labrador retrievers are great detectors, but not good biters.

Although the dogs are continually training, the first phase begins at the Department of Defense Military Working Dog School at Lackland AFB, Texas, said Sergeant Jacob. The six month program begins with three months of detection skills training, in which they learn to sniff out bombs and narcotics. The last three months of training prepares the dogs for scouting and biting on command.

Once training is completed the dogs are assigned to a base. Unlike their human counterparts, that base will be the only one at which they’ll ever be stationed. But that’s not to say they don’t ever deploy. Currently, there are two 325th SFS working dog teams deployed in support of Operation Iraqi Freedom.

“The dogs deploy to places like the Middle East and South America,” said Sergeant Jacob. “They support our forces overseas, but they also help out Customs officials, the Secret Service and the Drug Enforcement Agency.”

In fact, Air Force work-

ing dogs are supporting the Army, Navy and Marines since they are short on canines, he said.

Even though all of this may be fun for the dog, they are just like anyone else. Eventually, their 12-hours-a-day, seven-days-a-week job must come to an end. And with a recently set-up program, these canines get to retire and move in with a handler or someone with experience working with military dogs.

“We’ve retired three dogs in the last year,” said Sergeant Jacob. “I like the idea of retirement for our dogs. They finally get a chance to lie on the floor and relax.”

Not to worry, though. After the dogs retire, new recruits are assigned here as replacements. Tyndall is always protected by both our security forces and the canines who work with them.

“They play a vital role in base security,” said Sergeant Jacob. “These dogs are worth their weight in gold.”



**Above: Senior Airman Patrick Schue restrains Spike, a 325th SFS military working dog, as Senior Airman Alan Frank begins to run. Both Airmen are 325th SFS dog handlers. Below: Airman Schue is ‘taken down’ by Loeke during a MWD demonstration. The sleeve he is wearing is used in attack training.**

**STORY AND PHOTOS BY SENIOR AIRMAN BENJAMIN ROJEK**

325th Fighter Wing Public Affairs

From patrolling the base perimeter against aggressors to stopping drugs and explosives from entering the gates, these hardworking military members toil tirelessly to keep us all safe. To them, it’s not work – it’s all fun and games.

However, the games military working dogs play while serving in the 325th Security Forces Squadron are what keep Tyndall Air Force Base safe and secure.

“The dogs don’t know the difference between exercising and real world scenarios,” said Staff Sgt. John Jacob, 325th SFS kennel master. “If someone is running from them in the training facility, it’s the same as a suspect running on the road.”

He said that for the six dogs at Tyndall, two German shepherds and four Belgian Malinois, the idea that they’re playing is what keeps the dogs so driven.

“When the dogs are being used for detection purposes,





# Making a difference in a different world

SENIOR AIRMAN BENJAMIN ROJEK

325th Fighter Wing Public Affairs

Working up to 15 hours a day, six days a week, in temperatures reaching 118 degrees Fahrenheit, is probably considered a stressful situation to anyone. Add to that equation numerous rocket attacks since this scenario takes place at Kirkuk Air Base, Iraq, and you begin to wonder how anyone could do it.

Well, with people like Master Sgt. Sandra Thornton, 325th Medical Operations Squadron NCO in-charge of the Life Skills Support Center flight, at such a location, there is help in the hardest of times.

"I am nothing special," she said. "I am just another military member who deployed and tried to make things better for the Iraqi people and our personnel."

Humble words for an Airman who saw and helped achieve many firsts while deployed to Iraq from June to September.

Sergeant Thornton was deployed for 90 days with the 74th Medical Group from Wright-Patterson Air Force Base, Ohio, to Kirkuk AB. When she arrived and began her job as NCOIC of the Kirkuk Life Skills Clinic, she found other Team Tyndall members serving there. The 325th Civil Engineer Squadron was there, as well as the 325th Communications and the 325th Contracting squadrons. All worked together to make life better both on and off base.

"You saw every person in each unit give 100 percent each and every day," she said. "I saw and heard about the differences our presence was making in Iraq."

The differences they made on base helped their fellow servicemembers get through the tough times.

According to Sergeant Thornton, the 325th CS and the 325th MDOS helped establish the first Air Force 24-hour medical crisis hotline. The hotline was established to help those servicemembers thinking about hurting themselves or others. It was also set up to assist those who had been sexually assaulted.

Personnel from the 325th CES and the 325th MDOS also helped establish the only Joint Service Combat Relief Center in the area of responsibility, which, according to Sergeant Thornton, is set up for individuals experiencing combat stress. They are given 24 to

72 hours of rest, three meals a day and are educated on ways to cope with stress and trauma.

She also said the life skills clinic stood up the first Critical Incident Stress Management team on base. A CISM team debriefs survivors of traumatic events. The first volunteers to help get the program up and running were 13 firefighters from the 325th CES.

"The goal of the CISM is prevention," said Sergeant Thornton. "It provides individuals with a safe means to talk about a traumatic event, utilize supports available, and hopefully prevent Post Traumatic Stress Disorder. During the last 15 years, the AF has made early prevention and intervention a priority when it comes to CISM."

Sergeant Thornton and the Life Skills Clinic not only assisted those service members in crisis, but tried to keep morale high by putting up prevention bulletin boards in the dining hall, writing prevention articles for the base paper and making morale food runs to base personnel.

"Life skills conducted food morale runs to security forces' guard mounts twice a week," she said. "We brought the men and women of the 506th Expeditionary Security Forces Squadron cookies, fruit, juices, ice cream, cereals, etc. We just wanted to make their day a little bit better and to show them that there were a lot of people on base who appreciated what they did each and every day."

Besides the bi-weekly food runs, or the monthly birthday cake cutting for Army and Air Force personnel, Sergeant Thornton was part of efforts to establish camaraderie between the

American troops and the Iraqi people.

"There was a joint alliance established between the 506th ESFS and Life Skills to have toys, clothes and candy given to Iraqi children," she said. "We were all trying to show the kids how to be kids instead of playing with rocks or grenades."

In fact, Sergeant Thornton said she wants to be back there, working with the Iraqis and our servicemembers.



Courtesy photo

**Master Sgt. Sandra Thornton, 325th Medical Operations Squadron NCO in-charge of the Life Skills Support Center flight, poses in front of a sign post put up by Airmen at Kirkuk Air Base, Iraq. She was deployed there for 90 days.**



Graphic by Senior Airman Benjamin Rojek

## Take Five: combat deployment stress

*With the current operations tempo as high as it is, Airmen need to remember they can deploy at any time. Therefore, it is imperative they stay prepared and keep in mind these five tips on how to keep down the stresses of getting ready for deployment, living in a deployed location and returning home from a long temporary duty assignment.*

1. Before deploying, you should take training seriously and be technically proficient. This will keep you prepared for working in an austere environment.

2. It is best to take care of personal matters such as Powers-of-Attorney, wills and finances before you deploy. This will not only relieve you of some stress while you're away from home, but your family can breathe a little easier as well.

3. While deployed, try to maintain a routine. Make sure you get adequate sleep and nutrition. Good hygiene and regular exercise are also important.

4. Take time for yourself while deployed. Use some free time to relax, read a book or write a letter home.

5. It is very important to practice self-aid/buddy care. This doesn't just refer to medical treatment. It also means letting others know what's going on with you and keeping an eye on each other. Make sure to do this before, during and after a deployment.

*(Courtesy of the 325th Medical Operations Squadron.)*

# Tyndall lieutenants vie for prize at Vandenberg

2ND LT. WILLIAM POWELL  
325th Fighter Wing Public Affairs

Four Tyndall lieutenants competed in the Air Education and Training Command annual Torch Warrior Conference held recently at Vandenberg Air Force Base, Calif.

First Lieutenant. Rob Prausa, 325th Security Forces Squadron, 1st Lt. Keith Benko, 325th Aircraft Maintenance Squadron, 2nd Lt. Sara Senechal, 325th Aeromedical-Dental Squadron, and 2nd Lt. Israel Camacho, 325th Fighter Wing base realignment and closure office, competed against other company grade officers from 15 AETC bases.

“The challenges included a 9mm competition, golf, crud, confidence course, and an Airman’s Manual test,” Lieutenant Benko said. “In addition, we had classified briefings every morning about air and space integration on the battlefield.”

According to Col. Armand Grassi, 325th FW Inspector General and crud referee, the four-day event required the officers to complete other techniques and tactics foreign to their daily routines.

“Among other things, the team demonstrated survival in a hostile environment, treatment of enemy personnel, ex-

pedient fire fighting and proper camouflage, concealment and blackout techniques for troop movement through enemy territory,” he said. “All events were based on knowledge contained in the Airman’s Manual.”

The purpose of the conference is more than friendly competition and bragging rights for the winner. The goal is to provide opportunities for enhancing esprit de corps across AETC and developing long-lasting professional relationships.

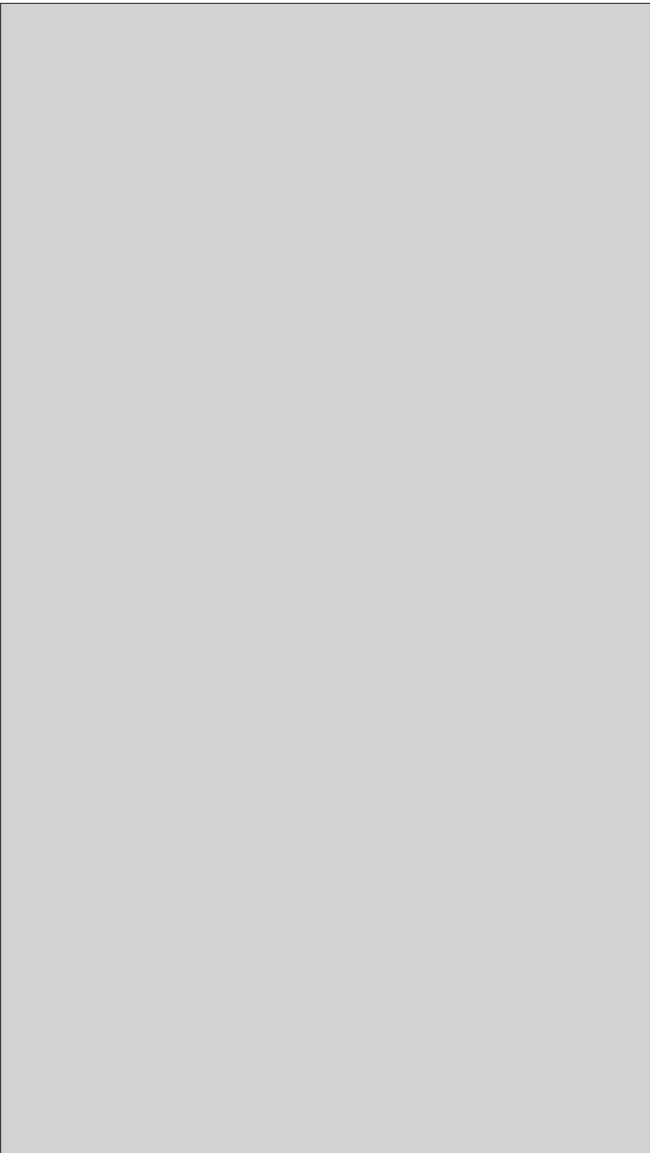
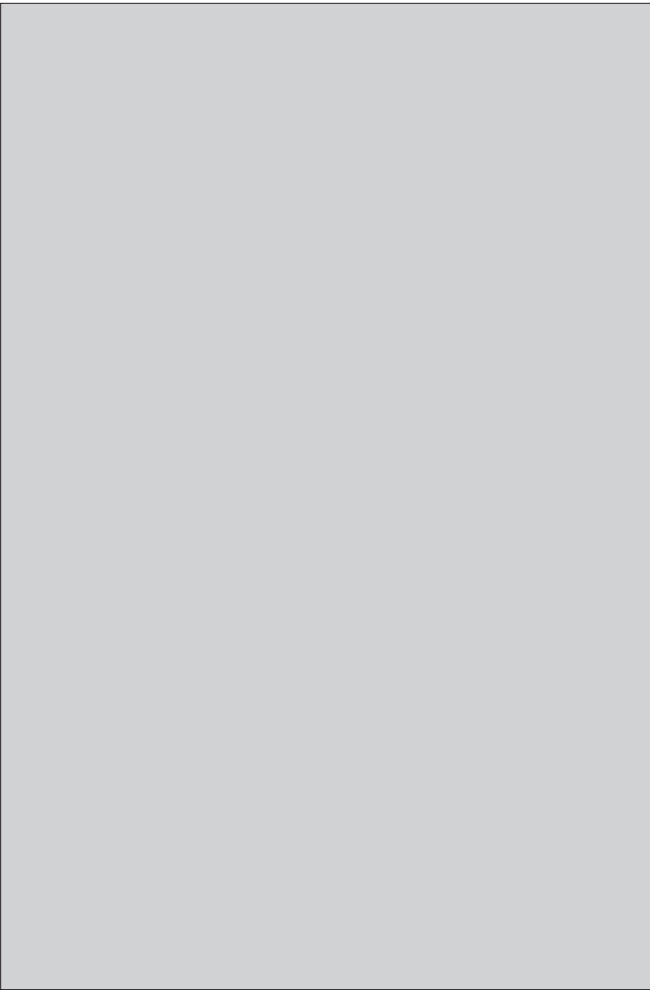
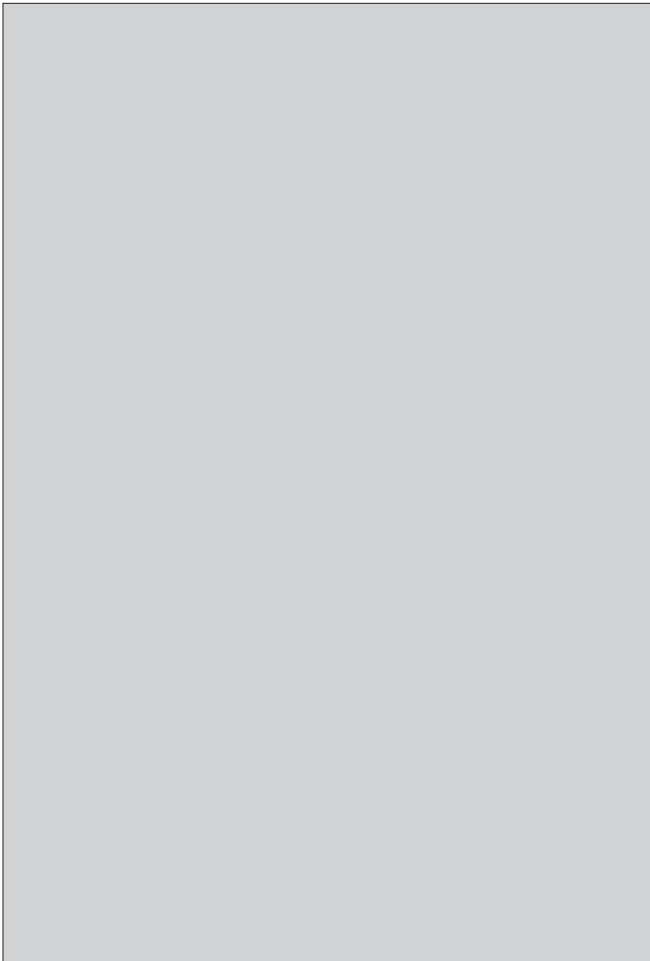
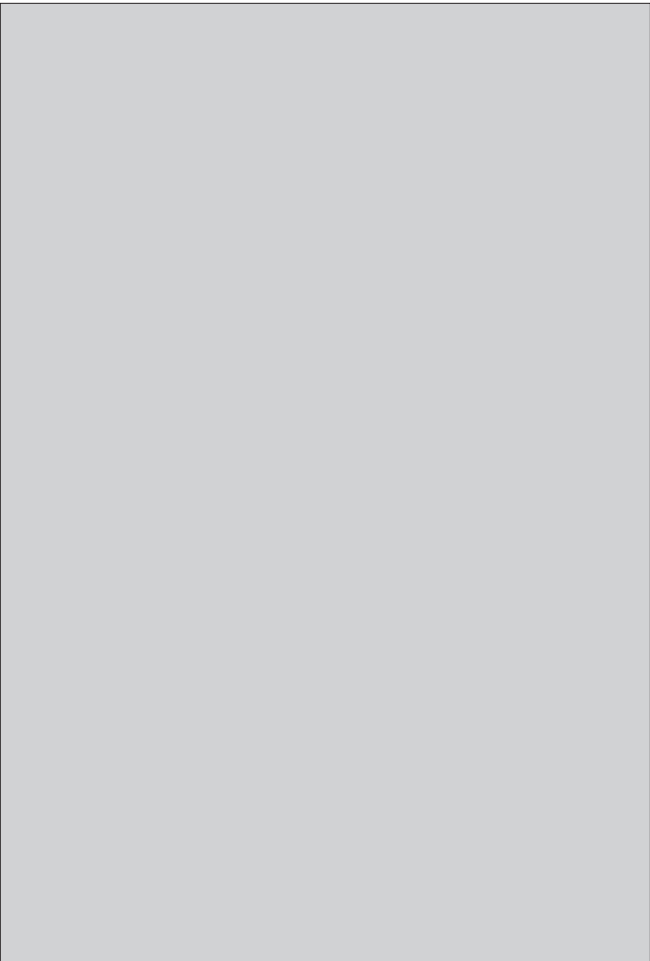
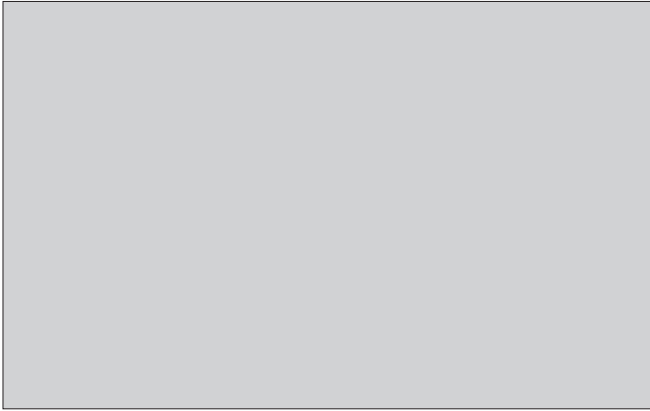
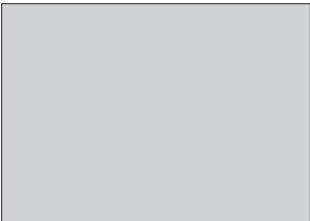
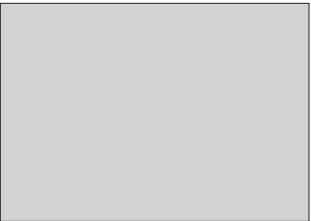
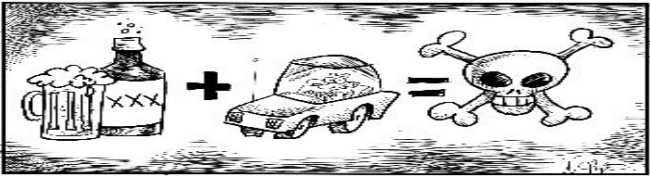
“Part of the purpose is professional development and meeting others in the same or

different career field,” Lieutenant Senechal said. “I also got to learn a little more about air and space that I was personally oblivious to.”

Most teams practiced months prior to the competition, yet Tyndall was late in forming a team because of the recent hurricanes.

The overall winner was the 80th Flying Training Wing from Sheppard AFB, Texas. Despite not coming in last in any individual event, the Tyndall team finished in last place overall, said Lieutenant Benko.

“But it was fun, and at the end, everyone knew who Tyndall was,” he joked.





# SFS troop steps up to the ‘Challenge’

**2ND LT. WILLIAM POWELL**  
325th Fighter Wing Public Affairs

A 325th Security Forces Squadron member recently represented Tyndall and Air Education and Training Command during the annual Defender Challenge held at Lackland Air Force Base, Texas.

Airman 1st Class Thomas Cheney, an installation entry controller, spent a week competing in events that tested his skills to the limit, such as operating a hummer turret, handgun, shotgun, and M-240B machine gun marksmanship and various tactical field exercises. But, getting selected to compete was the first challenge, according to Maj. Franklin Howard, 325th SFS commander.

“A selection board convened to select the top contenders to attend the try-out camp at Little Rock AFB, Ark., and both Senior Airmen Cheney and Cesar Flores, a 325th SFS installation patrolman, made the cut,” Major Howard said.

However, an injury to the shoulder took Airman Flores out of the competition early.

Airmen Cheney and Flores trained exclusively for months, which included intense physical training, shooting practice and field

tactics, to prepare for the try-outs at Little Rock AFB.

“The try-outs were pretty tough during the first three days,” Airman Cheney said. “We trained for about eight to 12 hours a day for 25 days, with only one day off.”

Much of the competition combined firing weapons under high-stress situations, often while moving rapidly, and always with limited ammunition.

“In the pistol competition, the course consisted of engaging targets while standing, kneeling and lying down,” Airman Cheney said. “Then, we dragged a 180 pound dummy from one position to another. At the end of this course, we had to use the shotgun to take out five targets.”

AETC completed the event in second place overall, but the training was the most valuable reward.

“Airman Cheney was the lowest ranking team member, but was very impressive,” Major Howard said. “I look forward to Airman Cheney being able to incorporate some of his lessons learned into our unit training mission.”

“Over all it was very fun and the training was great, but it was a lot of hard work,” said Airman Cheney.



Tech. Sgt. Dan Neely

## Welcome new B-Course students

(Left) F-15 Basic Course students, 2nd Lts. Brian Webb and Shane Bohlman and 1st Lt. Bryan Dick, listen to their instructor, Steve Kotan, as he points out the cockpit procedural trainer at Eagle Academics Wednesday. Six new students from class BBT began their course Nov. 19. They will go through 125 training days before graduating June 22.

## Briefs

**Attention all personnel**

Brig. Gen. Jack Egginton, 325th Fighter Wing commander, regretfully announces the death of Senior Airman Christopher Weimer, 325th Aircraft Maintenance Squadron. Anyone having claims against, or indebtedness to, the estate of Airman Weimer should contact 1st Lt. Laura Griggs, summary court officer, 325th AMXS at 283-3393.

**2004 decals expire soon**

Vehicle owners who have an expired 2004 DD Form 2220/Department of Defense Vehicle Registration decal now have less than two months to renew their vehicle registration with the Pass and Registration section. To renew, the driver must bring driver's license, current state registration form, and current proof of insurance for each vehicle to be updated. Pass and Registration is open from 7:30 a.m. to 4:30 p.m. Monday through Friday and is located in Room 220, Bldg. 662. For more information, call 283-4191.

**Facility manager's annual refresher training**

325th Civil Engineer Squadron Customer Service personnel will conduct Facility Manager Training on Monday and Tuesday at the Weapon Evaluation Group's auditorium from 8 a.m. to noon. The training is mandatory for all primary and alternate Tyndall facility managers.

**OSC outing**

This month's Officers' Spouses Club youth and family activity will be a free trip to the Junior Museum of Bay County 9:30-11:30 a.m. Dec. 10. The museum offers hands-on activities, exhibits, and much more, and is geared to kids of all ages. The museum is located at 1731 Jenks Avenue. RSVP by Wednesday. For more information, call 248-0858.

**RAO position open**

The Retiree Activities Office has a director position open. The RAO director writes for the base paper, puts a newsletter together and attends retiree council conferences. To apply, call 283-2737 between 9 a.m. and noon Monday through Friday.

**Getting ready for Santa Claus**

**Jennifer Crenshaw and Sophia Newman prepare for Santa's upcoming visit in the Tyndall Youth Center's gymnasium for the annual Pancake Breakfast with Santa. The breakfast will be from 8-11 a.m. Saturday in the Youth Center gymnasium. Prizes will be given away at the event. The cost is \$2 for children 12 and under, and \$4 for those 13 and above. For more information, call the Tyndall Youth Center at 283-4366.**



Steve Riddle

**Heart Link Session**

The quarterly Heart Link session for Tyndall Air Force Base spouses is scheduled for 8 a.m. to 2:30 p.m. Dec. 10 at the Enlisted Club Classics lounge.

Heart Link is a fun-filled, fast-paced information-packed orientation for spouses affiliated with the Air Force for five years or less. Spouses of permanent party members or students are invited to attend this free program. Spouses with more than five years can benefit from Heart Link and are invited to attend on a space available basis. For more information, call the Family Support Center at 283-4204/4205.

**Services evaluation form available**

The DOD Interactive Customer Evaluation system is helping shape the future of customer service through technology. The interactive Web site allows customers to give direct and immediate feedback to facility managers about their products and services.

Visit [ice.disa.mil/](http://ice.disa.mil/) and click on Tyndall. Select a category from the list and click on the info icon to see service.

**Air Force Reserve opportunities**

The Air Force is still accepting applications for the Palace Chase Force Shaping program. Members who are thinking about leaving active duty early can transfer their commitment into the Air Force Reserve without having to pay back bonuses, while maintaining many of the same benefits. There are Air Force Reserve opportunities available in many locations in the United States and overseas. The mem-

ber chooses the location. Re-training into a different career field is also an option. For more information please contact Master Sgt. Randi Baum at 283-8384 or visit the Military Personnel Flight located in Room 222, Bldg. 662.

**Commissary open/closure**

Open - Dec. 20 from 9 a.m. to 6 p.m.  
Open - Dec. 24 from 9 a.m. to 4 p.m.  
Closed - Dec. 25  
Open - 9 a.m. to 6 p.m. Dec. 27  
Closed - Jan. 1

Santa will be at the commissary 11 a.m. to 1 p.m. Dec. 20. Kids can have a free photo taken with Santa.

**Luncheon**

First Air Force will host an Officers' Spouses Club luncheon at 10:30 a.m. Dec. 14. The Southport Elementary School's Southport Sailors and First Mates will sing holiday songs during the event. Menu for the Luncheon will be beef bourguignon, potato gratin, green beans with mushrooms and red peppers, Waldorf salad and brownie-topped cheesecake. Price is \$8.30 for members and \$10.30 for non-members. RSVP no later than noon Dec. 10 to 215-6820.

**Cookie drive**

Team Tyndall's Annual Cookie Drive will be Dec. 13 from 7-9 a.m. People can bring cookies to the Commissary bagger entrance in the front parking lot. Cookies are needed to give to approximately 500 Airmen residing in the dormitories. For more information, call Beth Lee at 215-2881, Barb Hess at 286-5353 or Master Sgt. Tommy Dixon at 283-3072.

**Ladies locker room closure**

The ladies locker room in the Base Fitness Center will be closed for renovations until March 2005. The senior staff locker room will serve as the temporary ladies locker room. Senior staff will be sharing the section in the men's locker room reserved for squadron commanders. For more information, contact Lou South at the Fitness Center office at 283-2631.

## Classifieds

**Wanted: CDC partner**

A 2-year-old child is needed to share a slot at the Child Development Center (or base day care, whichever fits best.) For more information, call Greg at 248-3415.

**Wanted: babysitter**

Part-time, experienced, babysitter needed. For more information, contact Staff Sgt. Crawford at 286-2577.

## Chapel Schedule

**Catholic services held at Chapel 2:**

Daily Mass, 11:30 a.m. Monday-Friday  
Reconciliation (before Saturday Mass or by appointment)  
Saturday Mass, 5 p.m.  
Sunday Mass, 9:30 a.m.  
Religious Education, 11 a.m. Sunday.

**Protestant services at Chapel 1:**

Communion service, 9:30 a.m.  
Religious Education classes, 9:30-10:30 a.m. in Bldg. 1476  
Sunday Night Live service, 6 p.m.  
General Protestant service, 11 a.m.



# Festival of lights begins sundown Tuesday



CAPT. SUSAN A. ROMANO

325th Fighter Wing Public Affairs

Hanukkah, the Jewish festival of lights, is an eight-day festival that occurs on the 25 day of the Jewish month of Kislev and begins Tuesday at sundown.

Its history can be traced back more than two thousand years ago, commemorating the Maccabees victory over the Syrians. The victory itself was considered a miracle, and Jewish legend explains that once the Temple Mount in Jerusalem had been reclaimed, it had to be rededicated, but there was only one jar of sacramental oil—enough for just one day. Miraculously, the oil burned for eight days, thus the eight days of Hanukkah.

Hanukkah, which means rededication, is a time for Hebrews to focus attention on matters affecting Jewish education of children. Its religious significance is far less than other Jewish holidays such as Passover, Yom Kippur and Rosh Hashanah, but the religious observance of Hanukkah comes at the lighting of the candles on the menorah. A menorah is a candelabrum that holds nine candles—one for each night plus a shammas. The shammas, which translates into servant, is used to light the other eight candles and is usually higher than the others in the menorah.

Once the shammas is lit, a prayer is recited as the first candle is lit. Each night another candle is lit until all eight candles are burning on the eighth night of Hanukkah.

Hanukkah is probably one of the best-known Jewish holidays, not because of any great religious significance, but because of its proximity to Christmas and its tradition of exchanging gifts. It is also a time for preparing delicious foods such as potato latkes (pancakes) and sufganiot (jelly donuts).

Another tradition is playing with a dreidel. A dreidel is a square top with four Hebrew letters on them. Children play with matchsticks, candy, pennies, or gelt (chocolate coins). Each letter signifies an action the players must take. The Hebrew letters—Nun, Gimmel, Heh and Shin—have their roots in the Hebrew phrase, “Nes gadol haya sham,” which means a great miracle happened there. Some believe it stands for the Yiddish words, nit (nothing), gantz (all), halb (half) and shtell (put), which are actually the rules of the game. If a player spins Nun, nothing happens. If a player spins Gimmel, the spinner takes all. If Heh is spun, the player takes half. And if Shin appears, all the players must ante up.

Happy Hanukkah, enjoy the latkes, and here’s to winning a lot of gelt!



Senior Airman Benjamin Rojek

## Touchdown!

Technical Sergeant Paul Wren, 325th Logistics Readiness Division war reserve material NCO, and his son Talon Grogan, react to a play by the Tennessee Titans at the Jacksonville Jaguars game Nov. 21 during a trip put together by the 325th Services Squadron's Outdoor Recreation Center. Outdoor Recreation is planning to do more trips to nearby professional sporting events, including an upcoming trip to Georgia for an Atlanta Hawks versus the Miami Heat basketball game. For more information call the Bonita Bay Outdoor Recreation Complex at 283-3199.

# Base clubs begin new program to reward designated drivers

The 2004 Holiday Designated Driver Program – “Leave the Driving to Us,” designed to support existing designated driver club programs, began Nov. 22 and runs through Jan. 3.

“Air Education and Training Command clubs want to ensure a safe ride home to our event participants,” said Robert Carlberg, chief of Services programs at AETC headquarters, Randolph AFB. “We appreciate those people who are club members, and for this year we are providing Armed Forces Vacation Club or Services Bucks vouchers to each AETC club to award to a member.”

The program is an effort to place special emphasis on reducing alcohol-related incidents during this busier time of the year, said Steve Cowan, program manager at HQ AETC Services business branch.

“You can volunteer to be a designated

driver at any event taking place in the Enlisted Club, Officers’ Club, or at the Sports Page Pizza Pub and be eligible to win a one-week stay at a location of your choice through the Armed Forces Vacation Club or \$250 in Services Bucks,” said Lt. Col. Marc Piccolo, 325th Services Squadron commander. “We’ll award one prize for an E’Club member and one for an O’Club member. Just fill out a form at any Services sponsored or unit party/event to be eligible.”

Winners can redeem their Services Bucks for products or services offered by the 325th SVS, he continued. AFVC space available vouchers allow authorized personnel to stay in selected upscale resort condominiums for one week. Club members can check out the resorts at [www.afvclub.com](http://www.afvclub.com) or visit

Information, Tickets and Tours for more information.

According to the colonel, AETC club members do not have to make a purchase to obtain an entry form, but they will receive one entry form every time they are identified as a program participant.

“This is an unprecedented time for AETC clubs,” said Colonel Piccolo. “Membership has always been the cornerstone of club operations. Clubs are traditionally as strong as their membership in terms of numbers and involvement, and AETC clubs lead the pack. We want to take this time to show our members how much we appreciate them.”

For more information on this program, call 283-4357.

(Courtesy of the 325th Services Squadron)





# Funshine NEWS



December 3, 2004

www.325thservices.com

## Pancake Breakfast with Santa at the Youth Center



**Saturday, December 4, 8-11 a.m.**  
**\$2.00 ages 12 & under**  
**\$4.00 ages 13 & above**  
 Register for holiday door prizes,  
 visit with Santa and  
 Mrs. Claus, do a holiday craft.

Sponsored in part by:



Fresh Cup Coffee

No federal endorsement of sponsors intended.

**283-4366**

## Fed Ex Holiday Packages from the Community Center!

Which include:

Priority Overnight  
 Standard Overnight  
 Economy 2 Day  
 Express Saver 3 Day  
 Our rates beat the others!  
 Overseas by Dec. 15  
 Continental USA by Dec. 18  
 Alaska and Hawaii by Dec. 15

Packages must be received by 1:30 p.m. for Overnight (there are some exclusions with overnight - CAC staff will give details).  
 Accepting packages up to 10 lbs.

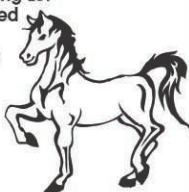
**283-2495**

## Outdoor Recreation Holiday Hayride & Marshmallow Roast December 18

Shuttle Times:

3 p.m., 4:30 p.m., 6 p.m., 7:30 p.m., 9 p.m.  
 Departs Youth Center Parking Lot  
 Reservations Recommended

Campfire & Hot Chocolate  
 At Felix Lake  
 Santa & Horse Parade in  
 Housing at 6 p.m.  
 Admission: Minimum of  
 1 nonperishable  
 good per person



Bonita Bay 283-3199

## All Ranks New Years Eve Party CAC Pizza Pub and Ballroom Dec. 31, 7 p.m.-2 a.m.

Sports Page Pizza Pub and Community Center  
**\$12 Club Members, \$15 Non-Members**  
**Couples Special: \$20 member couples**  
**\$25 non-member couples**

Price includes entertainment, party favors, split  
 "Pizza-Plus" Buffet (Served 7-9 p.m.).  
 Breakfast Calzone  
 W/Egg, Sausage, Cheese & Salsa  
 12:30-1:30 a.m.

Two DJs for your enjoyment will be  
 playing for the entire evening  
 Located in the Pizza Pub and the CAC Ballroom  
 Fun & Games & Spot Giveaways All Evening:  
 Karaoke & Trivia Contests and Special Drawings  
 Throughout the Evening  
 Theme - The Roaring 20's!  
 Come in period dress  
 Prizes for Best Dressed Man & Woman

**283-3332**

## Community Center

☎ 283-2495

### New Cardio Center

Bldg. 912 (Old Teen Center), Pilates Classes:  
 5:15-6:15 p.m. Tues. & Thurs., 12-1 p.m. Wed &  
 Thurs., Yoga Classes 5-6 p.m. Mon. & Weds.,  
 Pilates Classes Cost: 10 Class punch card \$30  
 or \$6 per class. Yoga Classes Cost: 10 Classes  
 punch card \$35 or \$6 per class, punch cards  
 available at the CAC Bldg. 1027. Call 283-2495  
 for more info.

### Youth Christmas Tree Coloring Contest

Dec. 1-17 For ages 3-12 years old, Pick up  
 coloring sheets at CAC or Youth Center and  
 return completed sheets by Dec. 17, All  
 participants will receive a special award.

### Open Mic Night

Dec. 8 &amp; 22 at 5 p.m. Sports Page Pizza Pub

## Outdoor Recreation

☎ 283-3199

### Sugar Mountain, NC

### Ski/Snowboard Adventure

Dec 27-30. Cost \$350 covers 3 nights in a  
 condo with a fireplace, 2-days lift tickets, 2-days  
 board rental and transportation. Must reserve  
 by Dec. 13.

### Youth Environmental Club

Dec. 4. Decorate Naturally at the Youth Center  
 during "Pancake Breakfast with Santa", 10 a.m.

### GeoCaching

Dec. 5. Holiday Surprise Cache with GPS. Find  
 prizes in three caches, or NOT! Get 1st  
 coordinates at Bonita Bay at 10 a.m.

### Winter Boat Rental Special

During our winter season patrons may rent any  
 boat for half or full day at half price.  
 Please note fuel costs are not discounted.

### Fantasy In Lights at Callaway Gardens & FDR's Little White House Trip

Callaway Gardens, GA. Overnight trip is \$215  
 per two people. To reserve call 283-3199.

## Breakfast at the Community Center SnackBar

Only \$3.00 - 6:30-10 a.m.

2 eggs prepared any way,  
 hashbrown or grits, your  
 choice of sausage, bacon or ham,  
 white or wheat toast.

Call in your to go order: 283-2814

## Sugar Mountain, NC

## Ski/Snowboard Adventure Dec. 27-30

Just \$350 for three nights in a condo with a fireplace, 2-days lift tickets and board  
 or ski rental plus transportation. Reserve by Dec. 13.

**283-3199**

## Football Frenzy at the Pizza Pub

Bldg. 1027 on Louisiana Ave.

Prizes include: an XBOX system, T-shirts, coolers  
 and hats for Club Members!

For more information  
**283-3222 / 283-2814**



No federal endorsement of sponsors intended.



## All Ranks at the Enlisted Club Dinner and A Movie Tue., Dec. 7

## Sky Captain and the World of Tomorrow

Buffet 5-7 p.m., Movie 7 p.m.

Buffet style dinner: \$6.95

Member price: \$5.95

Non-Member Children: \$3.95

Children age 7 and under eat free.

Youth under age 16 must be  
 accompanied by an adult.

### Coming Attractions

Thursday, December 16

Oriental Buffet &amp; Santa Clause 2

Also two giant stockings filled with goodies  
 will be given away!

Movies subject to availability.

**283-4357**

### Sports Page Pizza Pub at the CAC

## Open Mic Night

Are you a singer, musician,  
 comedian or poet?

Come out and join us!

Dec. 8 &amp; 22

5-9 p.m.

1/2 off all Appetizers  
 \$1.00 Beverage Specials

Call at 283-3222  
 or 283-2495

for more information



## Dorm World 2

Bowling Competition  
 Dec 7, 9 pm - until

at Raptor Lanes

Dorm with highest attendance  
 wins high point

Call 283-2495 for more information



